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Thursday, September 4, 2014

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Road less travelled: Car free in Calgary

Demographic shift. Vast majority of young people have drivers' licences, but proportion is dropping

ROBSON FLETCHER
robson.fletcher@metronews.ca

Life without a car would be unfathomable to many Calgarians, but Shari Wynne chose this city specifically to raise her family without a vehicle.

"I don't even have a licence, and it's never been a problem," the mother of an adult son, teenage daughter and toddler said.

Originally from Toronto, Wynne relocated to Calgary from Yellowknife in June 2009 after researching transit systems across the country and settling on Alberta's largest city as her family's new home.

"That was one of the benefits of Calgary — a really well-laid-out transit system," she said.

The family now resides in Albert Park, close to major bus and C-Train stops, but previously managed to live car-free in Millrise and Coventry Hills.

Wynne's daughter Caeli Callaghan, 17, said transit "completely" meets her transportation needs and she has no plans to get a driver's licence.

Both mother and daughter described car-free living in Calgary as easier and more enjoyable than many might think.

Travel times are longer on the bus, they admit, but the ride is more relaxing and the cost savings are enormous when compared to owning, operating and insuring a vehicle.

Wynne figures the all-in costs of a car would eat up a quarter of her income.

Callaghan leverages her part-time work, online schooling and minimal transportation expenses to live a lifestyle of regular travel.

"With my job I'm able to save my money and take monthly vacations to different places around the world," she said.

Still, they are in a small minority in this city. There were 93.7 licensed drivers in Calgary per 100 residents aged 16 and over in 2014, a mark virtually unchanged since 2011 across the population as a whole.

The measure did see some age-specific shifts in those three years. Among 25- to 34-year-olds, specifically, the ratio dropped from 99.3 to 95.4 during that time span.

In the 65-and-over age range, the number rose from 73.4 to 78.2.

More coverage

Metro spoke with three more Calgarians who are living car-free for this feature. Turn to page 6 for their stories.

Quoted

"Where everybody else is trying to beat the traffic or worrying about an accident ahead, I don't have to worry about anything except just sitting there and enjoying my book."

Shari Wynne, on why she prefers commuting by bus

Caeli Callaghan, 17, says Calgary Transit completely meets her needs for travel within the city. Like her mom, she has no driver's licence and doesn't plan to get one, putting her among a small minority of Calgarians living without a car. ROBSON FLETCHER/METRO

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LIBRARY PLANS TO BE REVEALED
Design plans for the new Central Library are to be unveiled today at a public open house at the Telus Convention Centre. The much-awaited proposal will be shown between 6 and 8 p.m.

2
REMEMBERING THE VICTIMS
The five victims of Calgary's worst mass killing will be honoured during a commemorative concert this evening at Southern Alberta Jubilee Auditorium.

3
BRING BACK THE BEES
Two Ontario honey producers are creating a buzz over disappearing bees by launching a class-action lawsuit against makers of pesticides widely blamed for the deaths.

4
WORLD CUP STILL ON
In discussing how to penalize aggression in Ukraine, the EU floated, but rejected, the idea of boycotting Russian-hosted sporting events, including the 2018 World Cup.

5
CLEAR OUT YOUR CLOSET
Are you on trend? New York Fashion Week runs today through Sept. 10 and will help set the way people dress during the spring 2015 season.

Local police probe fight between bouncers, patron caught on video

Jamesons. Witnesses say aggression was uncalled for, while pub manager says patron started the altercation

JEREMY NOLAIS
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A photo taken after the fight.
COURTESY HARMAN KANDOLA

Police are reviewing surveillance footage and a Calgary pub is standing behind its staff after they were captured on a video pinning and repeatedly punching an allegedly unruly patron over the weekend.

The incident occurred just before midnight Sunday at Jamesons Irish Pub on 17th Avenue S.W.

Steve Kelly, a manager at the pub, said the patron at the centre of the skirmish had been acting unruly and "sucker punched" a bouncer on two separate occasions.

After the first punch the man was kicked out of the establishment but he returned and landed a second blow on the same staff member, according to Kelly.

He said it was at that point that his bouncers took necessary steps to eject the man, who had been at the bar on previous occasions.

"Everything was handled accordingly on our end," Kelly said. "We never condone (punching a patron), but listen, you know, at the end of the day, our guys were the ones who were attacked."

Witnesses, however, raised concerns about the amount of force used by the pub's staff.

A video, supplied to Metro on Tuesday by Harman Kandola, depicts a man being restrained outside the pub as attempts are made to pin him to the sidewalk. Both bouncers can be seen throwing punches at the patron's head.

Vikrum Kandola, Harman's cousin, said he and a number of family members were driving down the avenue after spending the evening at a nearby pub when they witnessed the incident unfolding.

Vikrum said he dashed out of his vehicle and yelled at the bouncers to stop as he approached.

"I've seen a lot of fights in my time, but when you see a two-on-one like that and the guy's obviously not even resisting any more — he's just kind of on the ground laying there — it was really shocking," he said. "I got up close and I could hear his head knocking off the ground. I was surprised the guy was conscious at all, and there was blood everywhere. The bouncers cleaned it up very fast. We told them not to; there was a pool of blood."

Sgt. Jason McDonald said police were reviewing CCTV footage they've obtained from Jamesons and charges could be laid — but he didn't specify against whom. He said video provided by Harman only "captures part of the story" and that the bouncers were assaulted by the patron as well.

A screen capture from a video released Wednesday shows two bouncers from Jamesons Irish Pub punching a man repeatedly.
COURTESY HARMAN KANDOLA

McDonald conceded that determining the appropriate amount of force to subdue an assailant can be tricky.

"As police, we're held accountable for our actions as well," he said. "We have to use as little (force) to be able to gain that control. That can be very subjective, depending on who is reviewing and who is making that judgment call."

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Westmount School in Okotoks has seen a surging student population in recent years. Now a parent is crying foul after learning her son is being educated in what she says is a portion of the school's teachers' lounge. JEREMY NOLAIS/METRO

Overcrowded school puts kids in the 'teachers' lounge': Mom

Westmount School. Specially designed walls to enclose students on the way: Principal

JEREMY NOLAIS
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Surging enrolment at an Okotoks elementary school has forced dozens of Grade 1 students to learn their lessons just steps from where staff members sip coffee and munch on sandwiches.

According to Trish Butler, her son Odin and 47 other kids at Westmount School are learning in the "teachers' lounge." An empty bookshelf has been put between the kids and the staff area, she said.

"When we all walked in yesterday morning to drop our kids off, it was a shock," Butler said Wednesday. "There are other grades in the library at this school. So is that a provincial problem, not giving enough funding for desks, for space, for modular units? Or is it a mismanagement of funds by the school or school board?"

Westmount's principal, Cynthia Glaicar, did send a letter home on the first day of school Tuesday advising parents that measures were being taken "to rectify the situation as quickly as possible."

"Specially designed walls have been fabricated and will be installed this weekend to create a fully functional, enclosed learning space ... We are actively exploring additional short- and long-term solutions to ensure optimal learning environments for all of our Grade 1 students," Glaicar told parents.

Deborah Spence, a spokesperson for the Foothills School Division, said students aren't technically in the staff area, but in an adjacent "open-plan space." She said the same area was used for some junior-high programs last year but did not act as a homeroom.

"The division had fully intended to have this new classroom area completed for the first day of school, however, approval and construction delays set us back," Spence said. "Westmount School is a (public-private-partnership) school so, unfortunately, the approval process for changes is more involved."

Spence confirmed that 48 students were being taught in the space, but said the classroom did feature two experienced teachers.

Even still, the Alberta Commission on Learning recommended in a 2003 report that the ideal class size for kindergarten to Grade 3 is 17 students.

Westmount does have a total of 100 students in Grade 1 — the other half of the kids are being taught in standard classrooms. Butler said her son and his classmates have to actually walk through the main office to reach their homeroom and she fears he will be constantly disrupted.

"What was the criteria? Why did they pick these 48 kids? Second of all, why weren't we informed until the first day of school?" she asked. "It clearly states in the letter that they've sent home that they've been anticipating this to be an issue for some time now."

Massive growth

- Deborah Spence with Foothills School Division said three of four standard schools accommodating elementary-aged kids in Okotoks are "experiencing space pressures to varying degrees." She said more definitive student head-count data would be publicized at month's end.
- In May, the division was accommodating about 3,850 students across four standard schools and two others offering both English and French immersion programs.
- Westmount School in Okotoks opened at the start of the 2012-13 school year.

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Const. Darcy Williams shows K-9 member Sarka the 2015 version of the CPS Canine Unit calendar. YASMIN JASWAL/FOR METRO

Paws for a good cause

Canine calendar.
Calgary police dogs help raise money for the community

YASMIN JASWAL
calgary@metronews.ca

The Calgary police's furry friends are in the spotlight with the release of the 2015 Canine Unit calendar.

Last year the calendar sold out within 48 hours and raised $30,000 for the Calgary Police Foundation, which funds different community programs in the city.

All proceeds from this year's calendars will go to YouthLink, a program that teaches youth about the consequences of crime and the importance of smart decision-making.

Janet Pieschel, executive director of the Calgary Police Foundation, said the success of last year's calendars was a big help.

"It helps the public learn more about our work," she said. "Everything counts, so it's wonderful."

The canine unit consists of 21 dogs around the city. So far this year, the unit has been directly involved in 175 arrests.

It takes a special kind of dog to join the team, and Sgt. Todd McNutt says it's not all about being a "good" dog.

"We want the crazy ones," says McNutt. "They're the ones that have the drive that's needed to be on the team."

The 13-month calendar features photos and information on almost all dogs on the unit, as well as a nine-picture removable centrefold.

Calendars are available online at calgarypolicefoundation.ca or at local businesses for $10 each.

Charges laid

Police ID city's 24th homicide victim

Calgary police have laid murder charges in a stabbing death late Monday and have identified the victim.

John MacIver, 38, was found suffering from multiple stab wounds in a parking lot in the 6200 block of Bowness Road N.W. around 10:45 p.m. on Sept. 1, according to police. He was rushed to hospital but later pronounced dead.

A 17-year-old has been charged with second-degree murder. Under provisions of the Youth Criminal Justice Act, his name cannot be released. MacIver is Calgary's 24th homicide victim of 2014. METRO

Sundre

Mounted Police investigating young girl's death

Alberta RCMP are investigating the death of a young girl after her remains were found in a vehicle outside of Sundre on Tuesday.

The cause of death is undetermined. An autopsy was scheduled for late Wednesday.

A woman has been taken into custody, and the investigation is ongoing, RCMP said.

Anyone with information is asked to call the Sundre RCMP at 403-638-3675 or Crime Stoppers at 1-800-222-8477.

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No licence, no car, no problem — for the most part, says cyclist

Location, location.
Living close to work, friends, amenities key to car-free life, born-and-raised Calgarian says

ROBSON FLETCHER
robson.fletcher@metronews.ca

Born and raised in Calgary, Tyler Longmire is 26 years old and only recently obtained his learner's permit.

Growing up in the Bridgeland area, getting a driver's licence was never a priority for him as a teenager.

"I didn't need a car so I just didn't get one," he said. "I could always walk or take the bus to school. I've always lived five or 10 minutes away from a train station, so I could get pretty much wherever I needed to go."

After leaving the city for a brief spell as an adult, Longmire returned to Bridgeland in 2011 and has structured his life around working close enough to home so he can bike.

More recently, however, he's finding a growing need for a cargo vehicle to haul around gear for his animator job.

"I actually need a truck," he said. "Hopefully I'm actually going to be getting one soon, but I have to pass my driver's test."

With little time to take lessons, however, and no vehicle of his own to practise with, he said that could be a challenge.

In most other respects, Longmire said he's perfectly happy using one of several bicycles he owns to get around, which he prefers to transit.

"They're a good stress reliever, and I find they're faster, too," he said. "I don't have to deal with late trains, packed trains, stinky people, angry people."

Grocery shopping can be a challenge, he noted, but Longmire said it's manageable with a large messenger bag or bike trailer or by catching a ride with his brother.

"I've also been really broke for most of life so I haven't really been able to afford a car," he added. "That's a huge expense, and I just paid off all my student loans. My monthly payments were pretty much what I'd be paying for a car, so I just couldn't justify the expense for how infrequently I would probably use a car."

Tyler Longmire finds cycling the easiest and most enjoyable way to get around Calgary, though he does take transit, walk, or catch a ride with friends from time to time. "If worse comes to worst, I'll take a taxi," he says. ROBSON FLETCHER/METRO

Global citizen finds Calgary (mostly) amenable to car-free life

Greg Lexiphanic stands in an empty Stephen Avenue pedestrian mall. The world traveller moved to Calgary in January and finds walking the best way to get around the latest city he calls home. ROBSON FLETCHER/METRO

Greg Lexiphanic came to Calgary by way of Hong Kong, Vancouver, London and Reykjavik — all places where he lived without owning a car.

The last time the 35-year-old actually owned a vehicle was in Canberra, the capital city of his native Australia, in 2004.

A decade of relying on his feet and the local transit system to get around has given Lexiphanic a sense of what works and what doesn't, and after eight months of residing in Calgary, he has mixed reviews.

Quoted

"If you're not going to own a car, you have to make some compromises. I think those compromises are worth it and I think they produce a better quality of life for me."
Greg Lexiphanic

"The C-Train is great. I think more people should use it," he said.

"But I think the bus system is laughable."

A "complete lack of reliability" and confusing route schedules hinder Calgary's buses as a main mode of transport, in his view.

"I could figure out the London bus system and I could almost figure out the Hong Kong bus system, and it's in Chinese," he said. "I figured those out before I could figure out the Calgary system."

For most trips, the Victoria Park resident relies on walking.

"I don't have a bike," he said. "I never learned to ride."

Once a week or so, he uses car2go and, in a pinch, he and his wife will borrow her mother's vehicle.

As an online community manager who can work from home or virtually anywhere with an Internet connection, Lexiphanic said car-free life suits both his job and his taste for urban living.

"I like the concrete jungle," he said. "I consider myself pretty lucky to have a job that affords me the ability to live downtown."

ROBSON FLETCHER/METRO

The Calgary commute

Car-free life not so bad until you have to get across town — then, 'it's hell'

For Gabor Zuban, choosing to not own a car means more money in the bank but fewer evenings visiting friends, particularly those who live in the city's deep south.

The 25-year-old considers himself lucky to have a job in a data centre near his home in Calgary's northeast community of Temple, which allows him to forego the significant expense of a motor vehicle.

"I don't really need one, which is good, because I can't really afford one," he said.

"I can get by without putting down that massive amount of capital."

But, he admits, car-free living in Calgary can be a struggle, at times.

"Those situations where you have to get across town really, really suck," he said. "This city's not designed for commuting via walking or cycling."

Getting to a friend's in Woodbine, for example, involves taking "a bus, a train, another train and another bus" — about a two-hour journey, all told.

"It's hell," he said.

Aside from the cost savings, Zuban counts one other upside to living without a motor vehicle.

"I live a fairly healthy lifestyle because of it," he said. "I end up cycling to work during the summer, which is reasonably good for my health. But that's really the only pro I can think of."

ROBSON FLETCHER/METRO

Quoted

"I don't really hang out with my friends who live in the far south, unless we want to meet in the middle, which isn't very common. That's kind of a major downside." Gabor Zuban

‘Objectification’ or ‘art’?
Restaurant’s body sushi stirs up hearty debate

A local restaurant’s idea for a “body sushi buffet” is making waves among the city’s feminist community and raising questions about sex work and objectification.

Metro reported that Gohan Sushi is hosting an event at which sushi will be laid out on banana leaves on top of an almost-nude female model, who will not speak or move.

Actor Rebecca Northan tweeted at the restaurant, stating that the idea objectifies women.

“I don’t know what that is other than objectification,” she says. “‘We’re using you as a food platter.’”

Mike Santos, owner of Gohan, disagrees.

“I wouldn’t even call it objectification; I’d call it art,” says Santos.

“Ultimately, we’re only here to bring the cultural experience here and just have fun.”

Rebecca Sullivan, a professor at the University of Calgary who specializes in gender and sexuality, says the restaurant needs to be clear with what it’s selling.

“This is not art; this is work. Why aren’t we calling it what it is?” said Sullivan.

“Calling it art is a way of avoiding a lot of questions about the working conditions for the people who are providing their bodies as a service.

“There’s nothing inherently wrong with offering a sexual service as long as the health, safety and integrity of the workers is upheld.”

YASMIN JASWAL/FOR METRO

Quoted

“I wouldn’t even call it objectification; I’d call it art.”

Mike Santos, owner of Gohan Sushi

‘Men-only’ barbershops not firm on whole men-only thing

Maddy Kaddoura, a co-owner of Cutting Edge Barber Shop, is happy to trim the hair of male and female customers alike. CANDICE WARD/FOR METRO

Gender controversy.
Regina venue under fire for refusing service to woman

Some of their advertisements may read “men’s-only,” but Calgary barbershops say they’re happy to accept female clientele too, providing they’re willing to make a few concessions.

Controversy has erupted in Regina after reports that a venue called Ragged Ass Barbershops refused to trim the hair of female customer Evie Ruddy.

She told a local media outlet that she’d filed a complaint with the Saskatchewan Human Rights Commission but informed Metro on Tuesday that she would no longer be granting interviews after being subjected to personal attacks.

Calgary barbers, meanwhile, admit that their skills are focused more on shaping the domes of those with a Y chromosome but would gladly accept a female customer.

“Let’s just say a woman walks in here and she just wants a little trim, she doesn’t want to go to the salon.... We don’t reject any kind of service,” said Maddy Kaddoura, co-owner of Cutting Edge Barber Shop.

One online advertisement describes Kaddoura’s Discovery Ridge-area venue as an “old-school men-only barbershop,” but he said refusing a woman the same level of service is “the worst thing you can do.”

Damara Eagleton, a manager at Tommy Gun’s Original Barbershop in The Core shopping centre downtown, said she will often explain to customers that her staff are primarily trained to deal with men’s hair and they lack items like a curling iron.

“If they would like to still get their hair cut then they’re more than welcome to, but most often they kind of stray away and go to an actual salon,” she said.

JEREMY NOLAIS/METRO

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PC leadership candidate Ric McIver shares views

Voting begins Sept. 6.
Q&A with PC leadership candidate Ric McIver

RYAN TUMILTY
Metro in Edmonton

Progressive Conservative leadership candidate Ric McIver talks with Metro about his vision for Alberta.

PC leadership candidate Ric McIver talks with Metro about his vision for Alberta. McIver says he is open to changing the municipal government act to treat big cities of Alberta differently than other municipalities. RYAN TUMILTY/METRO IN EDMONTON

Do you believe the cuts to post-secondary education made in 2013 were a mistake? If so, how would you rectify them?
They were too deep too fast and without enough communication. There is no doubt about that. You can't do something like that to people without talking to them.

If the province could only fund one of these projects, would you want to spend the funds on upgrades to a commuter highway or adding to the city's LRT network?
With all due respect, it is a crazy question, because you do what is most important. You would talk to the cities and you would talk to the people affected by the commuter highway and find out whose need is greatest and fulfill the greatest need.

Would you fund full-day kindergarten in Alberta schools and how would you find the money to fund it?
Not universally. If the government is going to spend a large amount of money, they ought to make sure that it is needed — and what I have heard almost universally is that the funding model is broken.

Do you believe the municipal government act should be changed to treat the big cities of Edmonton and Calgary differently than other municipalities?
I am open to that. I am happy to look at where we need to put legislation into place in particular benefit of big cities. The word "charter"… I don't like the word because I think the legislation we put in place for them has to be a living document.

Would you support adding demerit points to the current fine for distracted driving?
I would support adding penalties and it might be demerit points and it might be bigger fines.

McIver promises more transparency

In a Progressive Conservative leadership race that has been dominated by spending scandals, Ric McIver is promising his expenses will never make the news.

McIver is emphasizing his past performance as a cabinet minister and city councillor as proof he will respect taxpayers.

"If they're looking for someone who's already setting an example of personal restraint, there's a person in the race who has already done that," he said.

Scheduling conflict

Metro contacted all three Progressive Conservative leadership contenders for a sit-down interview, but former federal cabinet minister Jim Prentice's was not made available because of scheduling conflicts.

The former transportation minister said that in the past few years, the Alberta government has lost touch with ordinary Albertans and rebuilding the trust would be his first priority.

"It's time our government did things with Albertans and not to Albertans," he said.

Taking direct aim at challenger Jim Prentice, McIver said he believes he's better connected to the province.

"I'm not riding in on a white horse expecting everyone to bow down to me. I have worked my way up from the bottom and I think that's something that Albertans can relate to," he said, adding he understands the temptation to look to an outsider to fix the party's problems, but said you have to have been in government to fully understand what's broken.

"You want someone who has been on the ice, not sitting in the stands. I've been working in Alberta for 33 years, not three months," he said.

RYAN TUMILTY/METRO IN EDMONTON

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Sears

Doorstep death. Detroit-area man gets at least 17 years for murdering teen

A suburban Detroit man was sentenced Wednesday to at least 17 years in prison for killing an unarmed woman who appeared on his porch before dawn.

Theodore Wafer was convicted of second-degree murder in the Nov. 2 death of 19-year-old Renisha McBride.

Wafer is white and McBride was black, and some wondered in the aftermath of the shooting whether race was a factor, likening it to the shooting of unarmed Florida teenager Trayvon Martin. But race was hardly mentioned at trial.

Before he was sentenced, Wafer apologized to McBride's family, saying he killed a woman who was "too young to leave this world." THE ASSOCIATED PRESS

Renisha McBride
DETROIT NEWS/THE ASSOCIATED PRESS FILE

N.Y.C. St. Patrick's Day

Gay group to march under own banner

Organizers of New York City's St. Patrick's Day Parade have agreed to allow a gay contingent to march under its own banner for the first time, making an exception for a group of employees from NBC, the network televising the event. The prohibition on identified gay groups in New York's largest parade had made participation a political issue. THE ASSOCIATED PRESS

Reports counter Harper's view on aboriginal victims

Refusal to launch public inquiry. PM has said missing, murdered women not a sociological phenomenon

Dozens of federal, provincial and community studies compiled by the Conservative government appear to contradict the prime minister's contention that the problem of missing and murdered aboriginal women isn't a "sociological phenomenon."

But some in the aboriginal community don't quibble with the government's other main response to calls for a public inquiry — that there has been more than enough research.

Officials point to a non-exhaustive list of 40 studies conducted on the issue between 1996 and 2013.

Prime Minister Stephen Harper arrives in Cardiff, Wales, on Wednesday to attend the NATO Summit. THE CANADIAN PRESS

A closer look at the research shows that in nearly every case, the authors or participants highlight the "root" or systemic causes of violence against aboriginal women and their marginalization in society.

The legacy of colonization, including the displacement and dispossession linked with residential schools and other policies, are cited frequently in the reports. The impact of poverty and lack of housing are also cited as root causes of violence against aboriginal women.

"There are root causes of violence in the aboriginal communities that include things like poverty and racism, and this is why it's incredibly important for us to work with organizations, aboriginal organizations, across the country," said former Minister for Status of Women Rona Ambrose at a parliamentary hearing in 2011.

Harper has offered a different perspective.

"I think we should not view this as sociological phenomenon. We should view it as crime," he said last month.

"It is crime, against innocent people, and it needs to be addressed as such."

The government's related position has been that there have been enough studies — the focus needs to be on action.

"What we don't need is yet another study on top of the some 40 studies and reports that have already been done, that made specific recommendations which are being pursued, to delay ongoing action," Justice Minister Peter MacKay said last week.

Some inside the aboriginal community agree there have been enough studies, but there are varying opinions on whether an inquiry would just go over the same ground.

One 2005 report prepared by three B.C. community groups, entitled Researched to Death, pointed to the "striking similarities" in research and recommendations done up to that point.

"The only outstanding element is action," the authors wrote. THE CANADIAN PRESS

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Nova Scotia looking to prohibit fracking

For onshore shale gas. Experts recommended more research on health, environmental and economic impacts

The Nova Scotia government says it will introduce legislation this fall to prohibit high-volume hydraulic fracturing — or "fracking" — for onshore shale gas.

Energy Minister Andrew Younger says he believes Nova Scotians are not comfortable with fracking.

Younger's announcement Wednesday comes less than a week after a panel of experts released a report saying fracking shouldn't be allowed until more independent research is done on health, environmental and economic impacts.

Protesters gather outside the Nova Scotia legislature in Halifax to show their opposition to the use of hydraulic fracturing, or fracking, in this April 2011 file photo. ANDREW VAUGHAN/THE CANADIAN PRESS

The panel also recommended setting up a process to get a community's permission before a project is allowed to proceed.

Younger says the Liberal government made its decision following input from the public, including aboriginal leaders in the province.

Fracking

A two-year moratorium on fracking was put in place by the previous NDP government in 2012, as public protests grew in Nova Scotia and in neighbouring New Brunswick.

- Proponents of fracking say the industry could spur Nova Scotia's stalled economy and reduce its reliance on polluting, coal-fired plants.

"Nova Scotians have overwhelmingly expressed concern about allowing high-volume hydraulic fracturing to be a part of onshore shale development in this province at this time," Younger said in a statement.

THE CANADIAN PRESS

Nunavut. Territory's first beer and wine store now a step closer to reality

Nunavut wants to deal with its alcohol problem by opening the territory's first beer and wine store.

Soon Iqaluit residents will have their say and, if there's enough support, the government plans to open up a store on a trial basis. How long it stays open depends on how well the experiment goes.

"I think that we'll probably give it a good year," said Chris D'Arcy, deputy minister of Nunavut's Finance Department.

Liquor hasn't been sold in stores in Iqaluit since the 1970s. People can either drink at one of the city's bars or order alcohol from a warehouse.

The thinking behind the warehouse system is to create a delay between the time alcohol is ordered and when it is consumed.

But a recent change to Nunavut's liquor laws would let people get their booze straight from a storefront at their local warehouse.

It may sound counterintuitive or perhaps even misguided to make it easier to buy wine and beer in a territory plagued by rising alcohol consumption, heavy binge drinking and a growing number of babies born with fetal alcohol syndrome.

But what Nunavut's government is hoping is that people will change their drinking habits once the store opens. Right now, D'Arcy says, people tend to binge-drink hard liquor they've bought from bootleggers. But they may not drink as much alcohol if they're only allowed to buy limited quantities of beer or wine. THE CANADIAN PRESS

Bootleg sales

33,500

The Nunavut Liquor Commission estimates that half the spirits it sells are resold illegally. That's about 33,500 bottles of hard liquor — which, at an average bootleg price of $300 a bottle, works out to around $10 million a year.

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Russia, Ukraine discuss framework for ceasefire

Russian President Vladimir Putin speaks to the media in Ulan Bator, Mongolia, Wednesday. A day ahead of a NATO summit, Putin issued his own peace plan for eastern Ukraine, calling on the Russian-backed insurgents to "stop advancing" and urging Ukraine to withdraw troops from the region. THE ASSOCIATED PRESS

But Western leaders are skeptical. On eve of NATO summit, Vladimir Putin says rebels should halt their offensive

Russia and Ukraine said Wednesday they are working on a deal to halt months of fighting in eastern Ukraine, but Western leaders expressed skepticism — noting it wasn't the first attempt to end the deadly conflict.

Quoted

"It may be a small sign of hope, but whether it is good news will only become clear in the coming days."

Frank-Walter Steinmeier, German foreign minister

On the eve of a crucial NATO summit, Ukrainian President Petro Poroshenko's office said he and Russian President Vladimir Putin had agreed on steps for a ceasefire.

In a televised statement, Putin spelled out a seven-point plan for ending hostilities in eastern Ukraine, where Russian-backed separatists scored significant gains last week against government forces after four months of fighting.

Putin, speaking on a visit to Mongolia, said the rebels should halt their offensive and the Ukrainian government forces should pull back to a distance that would make it impossible for them to use artillery and rockets against residential areas. He also urged international monitoring of a ceasefire, a prisoners exchange and the delivery of humanitarian aid to war-ravaged regions.

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Canadian delegation visits Iraq to pledge support in ISIS battle

Showing 'solidarity.'
Foreign Affairs Minister John Baird promises to stand by the people of Iraq but cuts no slack to neighbouring Iran

From left: Canadian Foreign Affairs Minister John Baird, Liberal MP Marc Garneau and NDP MP Paul Dewar arrive at an airport Wednesday in Baghdad, Iraq. The delegation is in Iraq to provide moral and material support in the country's struggle against ISIS. RYAN REMIORZ/THE CANADIAN PRESS

Accompanied by two of his political rivals, Foreign Affairs Minister John Baird slipped quietly Wednesday into one of the world's most dangerous countries, where he declared Canada would stand by the people of Iraq.

The two-day visit, which continues Thursday in the northern city of Irbil, began in sweltering Baghdad behind a steely curtain of security. Baird, whose travel plans had been a closely guarded secret, is in the region to provide both moral and material support to Iraq, which is reeling under a relentless offensive by the al-Qaida splinter group ISIS.

But Baird was unwilling to cut neighbouring Iran any slack, despite that country's stated opposition to ISIS's advance and recent signals that it's willing to work with the U.S. and its allies. Canada still lists Iran as a state sponsor of terrorism.

"Obviously we have a very different view when it comes to the government of Tehran," Baird said. "It could suspend its considerable support to terrorist organizations, not just around the region but around the world."

A meeting with Iraqi President Fuad Masoum was first on Baird's packed agenda as the Canadian delegation, including opposition MPs, donned flak jackets for a high-speed dash in an armoured convoy to the presidential palace. He also met with Foreign Affairs Minister Hoshyar Zebari.

"We are many — all Canadians in government — deeply concerned with the security threat," Baird told the president. "We wanted to come here to show our solidarity with the Iraqi people."

He also echoed Prime Minister Stephen Harper in condemning what both of them called the "barbaric" ISIS beheadings of U.S. journalists James Foley and Steven Sotloff, both of which were documented in videos on the Internet.

Baird did not arrive empty-handed. He promised $10 million for equipment, helmets, body armour and logistics-support vehicles for Iraqi forces and $5 million more to support efforts to limit the flow of foreign fighters into Iraq and Syria. THE CANADIAN PRESS

Risk 'non-existent'

Latimer asks court to overturn ban on international travel

For more than 20 years, Robert Latimer has followed every rule and condition imposed upon him, his lawyer told a Federal Court judge on Wednesday.

Jason Gratl asked the court to overturn a parole-board decision that bars Latimer from travelling outside Canada without permission, saying it is an unreasonable limitation on the Saskatchewan farmer who was convicted of second-degree murder in the death of his disabled daughter.

"Mr. Latimer really has done about as much as it is possible to do to demonstrate that he complies with all his conditions," Gratl said. "The risk is essentially non-existent."

Latimer, 60, killed 12-year-old Tracy in 1993. She suffered from severe cerebral palsy and Latimer has always maintained he wanted to end her chronic, excruciating pain.
THE CANADIAN PRESS

New Brunswick

Mountie hopes guilty plea draws attention to PTSD

A New Brunswick Mountie who pleaded guilty Wednesday to assaulting four fellow RCMP officers says he hopes his case brings attention to the issue of post-traumatic stress disorder.

Cpl. Ron Francis, who made national headlines last year after he complained that he wasn't allowed to smoke medicinal marijuana for PTSD while in uniform, wept as he entered the pleas in provincial court in Fredericton.

Outside court, Francis said he would like to see greater awareness of the mental illness as a result of his case.

"Soldiers, police, people who do this kind of work — over time it's going to affect them," said Francis, who is on leave from the RCMP.

"I want to help other members."
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Former French first lady tells all in book

A man buys a copy of Paris Match from a Paris newsstand on Wednesday, with a photo of Valerie Trierweiler on the cover and the lead titled My life with François. The former French first lady's book, Merci pour ce Moment (Thanks for this moment), details her life at the presidential palace and her relationship with French President François Hollande. The couple broke up in January amid reports of President Hollande having an affair. The book goes on sale Thursday. JACQUES BRINON/THE ASSOCIATED PRESS

'I'm pretty ashamed and embarrassed'

In-flight altercation. Businessman speaks after infamous fight over reclined seat

The businessman whose dispute with a fellow airline passenger over a reclined seat sparked a national debate says he's embarrassed by the way the confrontation unfolded.

"I'm pretty ashamed and embarrassed by what happened," said James Beach. "I could have handled it so much better."

The confrontation centred on Beach's Knee Defender, a $22 gadget that can attach to a tray table and prevents the passenger in front from reclining their own chairs. The Knee Defender is prohibited by U.S. airlines but is not illegal.

U.S. businessman James Beach said he's embarrassed by his actions on a recent trip. JOHN MONE/THE ASSOCIATED PRESS

"You have the right (to recline), but it seems rude to do it," said Beach.

The passenger in front of Beach eventually complained to a flight attendant about not being able to recline her seat, to which Beach admitted using the Knee Defender.

Beach said he removed it upon being asked, but the woman then fully reclined her seat, striking his laptop.

This sparked an altercation that saw Beach force the seat upright to reinstall the device, and the woman threw her soda at him. Their flight eventually diverted to Chicago where both were left behind.

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So, is this the end of privacy?

Photo-hacking scandal. The barrier between public and private is crumbling, and not just for beautiful starlets

As the celebrity photo-hacking scandal has made clear, privacy isn't what it used to be.

Whether famous or seemingly anonymous, people from all walks of life put all sorts of things online or into cloud-based storage systems, from vital financial information to the occasional nude photo. Periodic cases of hacking fuel outrage, but there's no retreat from digital engagement or any imminent promise of guaranteed privacy.

"We have this abstract belief that privacy is important, but the way we behave online often runs counter to that," said Nicholas Carr, whose extensive writings about the Internet include the 2010 book The Shallows: What the Internet Is Doing to Our Brains.

THE ASSOCIATED PRESS

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Will new phone give Samsung Edge over Apple?

The new Samsung Galaxy Note Edge launched Wednesday. The Edge uses Samsung's flexible-display technology. With the side display, the phone's camera functions more like a stand-alone point-and-shoot camera, as the shutter button and other functions appear on top when the phone is held horizontally. The side display also provides one-tap access to various apps normally found on the home screen. It will also have a panel of tools, like the flashlight and stopwatch, akin to what Apple offers in the iPhone's Control Center with a swipe up from the bottom. MICHAEL SOHN/THE ASSOCIATED PRESS

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CANADIAN FILM: A RETROSPECTIVE

HE SAYS

John Mazerolle
metronews.ca

The Toronto International Film Festival is underway, bringing the biggest stars in Hollywood to the one city in Canada that's as full of itself as they are.

The country has reason to be proud, though. The media attention at TIFF is usually on American films, but did you know that Canadian cinema has a storied history that dates all the way back to 1986? It's true. As you can see by this list of key Canadian films, our cinematic history closely reflects what was happening in Hollywood.

Full Woolen Jacket (1986): Four Canadians sit around an October bonfire and talk about how glad they are that Canada stayed out of Vietnam. Good companion piece with The Deer Hunter, the story of four Canadians who go deer hunting and talk about how glad they are that Canada stayed out of Vietnam. Then they go to a casino and play some roulette.

Nicefellas (1990): The story of Henry Hill and his lifelong desire to live the life of an average nobody.

Forest Gump (1994): An unintelligent man accidentally finds himself at many key moments in Canadian forestry, including the establishment of a coherent regulatory system in 1824. "Life is like a box of pallets!"

The Lion Mackenzie King (1994): Animated film about the circle of Canadian elections. Includes classic, "Can you feel the Liberal corporatism tonight?"

Pulp Friction (1994): Gordon Tarantino directed these interlocking, time-jumping stories of the orange-juice-making McCain family and the lumber-producing family the Irvings, both of New Brunswick, Canada's hotbed of violence and seduction.

Quiz Show Canada (1994): The story of how Canada lost its innocence when it was revealed that six-time Bumper Stumpers winner Howard Van Dimple was given the licence plates in advance, dishonestly collecting $182 in the process.

Canadian History X (1998): A young, impressionable youth learns about the underground railroad and decides to make a series of shorts depicting key moments in Canadian heritage.

Fight Club Canada (1999): What happens in Fight Club is heavily regulated so as to prevent injury.

The Bourne Suggestion (2007): Jason Bourne learns the top-secret origins of his life as a trained killer when he politely asks a CSIS agent.

The Good, The Bad and The Ugly (2011): The story of the 2011 election campaign. Decide who's who as your politics dictate.

The General Wolfe of Wall Street (2013): Based on a true story, this biopic follows the classic story arc of an army officer/stock broker who lives the high life until, inevitably, he is shot full of musket balls.

Her (2013): A lonely writer develops an unlikely relationship with his newly purchased BlackBerry. They have a volatile, rapidly deteriorating relationship until she's nothing more than a former shell of her once-influential self.

Canadian filmmakers clearly have reason to hold their heads high. The future looks bright, and I haven't even mentioned The Codfather or its well-loved sequel The Codfather: Part II. The less said about The Codfather: Part III the better.

Corporation quits smoking

American company CVS announces it has finished removing cigarettes and other tobacco products from its store a month before its Oct. 1 deadline by 'putting out' a 50-foot-tall cigarette in Bryant Park on Wednesday in New York City. The store is also changing its name to CVS Health. ANDREW BURTON/GETTY IMAGES

U.S. pharmacy announces it stopped selling ciggies with giant butt-out

U.S. pharmacy chain CVS Caremark plans to stop selling tobacco products in all of its stores starting now — a move health experts hope will be followed by other major drugstore chains.

To bolster its image as a health-care company, CVS will announce a corporate name change to CVS Health. Retail stores will still be called CVS Pharmacy. CVS, which has 7,700 retail locations, is the second-largest drugstore chain in the U.S., behind Walgreens.

The American Pharmacists Association called on drugstores to stop selling tobacco in March 2010 and several smaller, independent chains have done so, APA spokeswoman Michelle Spinnler says. CVS is the first large chain to stop tobacco sales.

USATODAY.COM

By the numbers

$2B

CVS says its tobacco sales amount to $2 billion a year.

MetroTube

Skateboard vicariously

ANDREW FIFIELD
andrew.fifield@metronews.ca

For most, there's a fairly narrow age window to take up skateboarding. I whiffed on mine completely and have since been shackled to second-hand fear and deep admiration when a skateboarder whizzes by on the street. That admiration was amped up considerably by this slow-motion video of Christopher Chann's fancy footwork at L.A.'s Stoner Plaza. (christopherchann/YouTube)

SCREENSHOT

Twitter

@metropicks asked: Some condos are being built with separate entrances for wealthy residents and less wealthy ones. In New York this practice has been banned. Should 'poor doors' be allowed?

@SamKolahi: Why stop there? Maybe, we should have 'poor lanes' on our roads. #shameonyou #ridiculousness

@kingperry: Ugh poor doors. Do we really want to provide opportunities for lower income families or maintain the same buffer of separation??

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 30 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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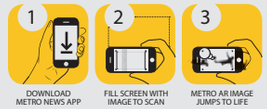

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Edmonton an experienced host for country music awards

CCMAs. Former rocker Dallas Smith riding high after his transition into country and he's set to perform at the show

JENNIFER LARAWAY
Jennifer Laraway
calgary@metronews.ca

If you go...

- Full Country Music Week performance schedule on ccma.org.
- Tickets range from $67.25 to $107.25, plus service charges on Ticketmaster.
- Show starts at 5 p.m. at Rexall Place on Sunday, Sept. 7.

Country newcomer Dallas Smith is up for three awards and is performing at Sunday's CCMA Awards at Rexall Place.
COURTESY CANADIAN COUNTRY MUSIC ASSOCIATION

Edmonton is playing host for the second year in a row to the Canadian Country Music Association awards.

On Sunday, the nation's rising and established country superstars will arrive to walk the CCMA awards signature green carpet. Putting on the star-studded show, which is open to the public, takes up to two years of planning.

CCMA president Don Green says the meticulous planning is necessary because, along with the nationally broadcast award show, comes an industry conference and country music week.

"We've been spending many long days and nights making sure all the details are in place. Our goal is to engage long-time country music fans and help new fans establish an appreciation for the talented artists Canada boasts."

One of the star attractions at this year's show is Dallas Smith, who transitioned to country music after a successful run with the rock band Default, which was discovered by fellow Canadian Chad Kroeger. For the once painfully-shy Smith, being thrust into the spotlight has been surreal.

"I stumbled into this 15 years ago. One night, we were hanging out with the guys from Default, we had a few drinks, and I wanted to get over this fear of singing," he recalls.

"The next thing you know, a year-and-a-half later, we had an American record deal. Then we had a platinum-selling record (two million copies)."

"As years went by, the rock genre seemed to die down and I was losing interest. The music business will kick your ass if you don't love what you are doing," Smith admits.

"During the last three years of Default, I was warming up in the back of the bus to the new country music, and it occurred to me that this was what I could see myself doing."

Taking that leap of faith has earned Smith nominations in 2013 and 2014 for male artist of the year and single of the year, and a nomination in 2013 for album of the year.

"Playing at the CCMA awards last year, I think I showed people what I could do. This year, I plan on taking it further," Smith says of his upcoming performance at the awards show.

The event takes place Sunday, Sept. 7 at Rexall Place, starting at 5 p.m.

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MTV pioneer is steering the next wave

Thomas Dolby.
Synth-pop rock star who wrote She Blinded Me With Science now a music/film professor at Johns Hopkins

Musician Thomas Dolby, left, prepares for his class, Sound on Film, at Johns Hopkins University's Peabody Institute music conservatory in Baltimore on Aug. 29. THE ASSOCIATED PRESS

Before composing his 1982 synth-pop hit She Blinded Me With Science, Thomas Dolby sketched out the storyline for the music video.

That's not just rock 'n' roll trivia — it's one of the experiences Dolby can lean on as he teaches film and music students at Johns Hopkins University, a school known more for medical science and research than the arts.

Not bad for a guy whose formal education ended at age 16.

"When I saw the arrival of music videos, I thought it was actually a new opportunity for me to, you know, break through. And I was very lucky that I caught the crest of that wave," Dolby said last week. "She Blinded Me With Science was really, truly a soundtrack for a music video."

The wacky video, about a home for demented scientists, became a favourite on MTV, then about a year old, helping propel the song to No. 5 on Billboard's U.S. charts. Dolby, 55, released three more albums over the next 10 years that cemented his reputation as an electronic music pioneer.

In the 1990s, Dolby moved on to film and video-game scoring, and founded a Silicon Valley company that created software enabling cellphones to produce musically rich ring tones.

Last year, he released a short film, The Invisible Lighthouse, inspired by the decommissioning of a lighthouse near his home in Suffolk, England. He shot it with inexpensive cameras.

Quoted

"I was very lucky ... She Blinded Me With Science was really, truly a soundtrack for a music video."

Thomas Dolby, musician-turned-professor

"I've always been very much a DIY artist," said Dolby, whose real name is Thomas Robertson. He earned the nickname Dolby because when he was young, he lugged around a portable cassette tape deck featuring Dolby Laboratories audio technology.

Never comfortable with music industry middlemen, Dolby relishes the freedom his 12 students have to market their work online.

"The bad news is that there's 10,000 other guys trying to do the same thing."

Dolby began teaching his Sound on Film class Friday at Hopkins' Peabody Institute music conservatory.

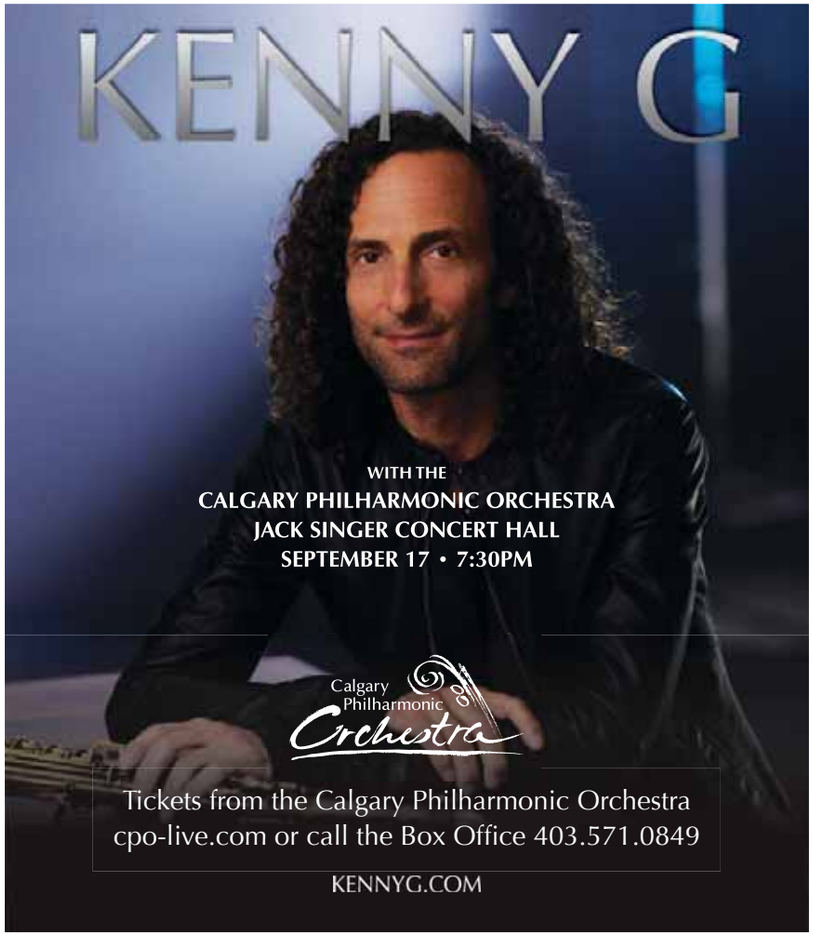
"Somebody that is a concert pianist and composer, but knows nothing about marketing, about branding, about technology, is going to have more of a challenge," he said. "So, part of the goal of the course that I'll be teaching here is to give students practical skills that will enable them to get the job done, and, in this case, it's all about filmmaking and film score composition."

School administrators can hardly believe they've landed a bona fide rock-star professor. Paul Mathews, a Peabody associate dean, was stunned when Dolby applied for the post in January.

Students were less familiar with his work.

Jameson Dickman, a string bassist from Washington state pursuing degrees in recording arts and acoustics, said he did a little research on Dolby to prepare for the class but, "I actually, honestly don't know a whole bunch about him."

THE ASSOCIATED PRESS



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Angelina Jolie and Brad Pitt GETTY IMAGES

Angie honours her mom with pin, ring and a rock

Details about Angelina Jolie and Brad Pitt's nuptials in France last month are coming out, thanks to People magazine.

And chief among them? The efforts Pitt and Jolie went to include the memory of her late mother, Marcheline Bertrand, who died in 2007 of ovarian cancer.

"Brad had a dedication to Marcheline engraved inside the chapel where we stood," Jolie tells the magazine. "I also wore a little flower ring that was hers, and (my brother) Jamie wore an angel pin from her jewelry box."

The couple also took their vows atop a stone etched with a tribute to Bertrand.

Keys coy on new album, but next kid is on the way

Alicia Keys, who often releases albums in November and December, is preparing for another delivery at the end of this year: her second baby.

"December album? Well, I know one thing. I'm having a December baby," the singer said with a laugh Tuesday.

Keys says she and husband, producer-rapper Swizz Beatz, know the sex of the baby, but that she's "not sharing." Their son, Egypt, turns four next month.

Keys' last album was 2012's Girl on Fire, which won a Grammy this year for best R&B album. She was coy about when she will release her next album.

Alicia Keys THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Connie to Gwyneth: 'All moms are working hard'

NED EHRBAR
Metro in Hollywood

Hey, remember back in March when Gwyneth Paltrow compared being a mom with a regular office job to being a mom who's a famous actress and decided her situation was tougher?

Well, Nashville star Connie Britton does.

"Our hours are long, but I would never compare what I do to what anyone else does," Britton tells Redbook. "Everybody's working hard and doing the best they can. If you're a mom, there's that pressure, we all face it. I'm constantly being pulled in different directions. But that's the thing: moms are pulled and distracted. I would never say that's worse for me because I'm an actor."

As a refresher, here's what Paltrow said about the difference between her and, say, Diane Keaton's character in Baby Boom (because all of my references are terribly current): "I think it's different when you have an office job, because it's routine and, you know, you can do all the stuff in the morning and then you come home in the evening," Paltrow said.

"When you're shooting a movie, they're like, 'We need you to go to Wisconsin for two weeks,' and then you work 14 hours a day, and that part of it is very difficult. I think to have a regular job and be a mom is not as ... of course there are challenges, but it's not like being on set."

CeeLo Green GETTY IMAGES

Rape-related Twitter fight and ecstasy legal trouble end The Good Life for CeeLo

CeeLo Green's The Good Life won't be coming back to TBS for a second season, which makes sense considering that the former Voice judge's life isn't that good right now.

The cancellation news, first announced by the Hollywood Reporter, comes in the wake of Green's latest legal troubles and a rape-related Twitter meltdown.

Last week, Green pleaded no contest to giving a woman ecstasy without her knowledge in 2012, although his plea maintained his innocence. He was sentenced to three years probation, 360 hours of community service and a year of weekly NA/AA meetings.

He followed that up by getting into a Twitter fight about rape and the nature of consent. "If someone is passed out they're not even with you consciously! So with implies consent," he wrote. "People who have really been raped remember."

Twitter

@TomArnold
Trainer had me take naked pics 2 show progress. They're disgusting but think I've proven last 30 yrs nothing can ruin my career.

@ChloeGMoretz
Wrote my first song ever tonight, shocked because I barely write poetry. Just kind of happened, wow, feeling proud of myself

@ConanOBrien
I don't even trust real clouds anymore.

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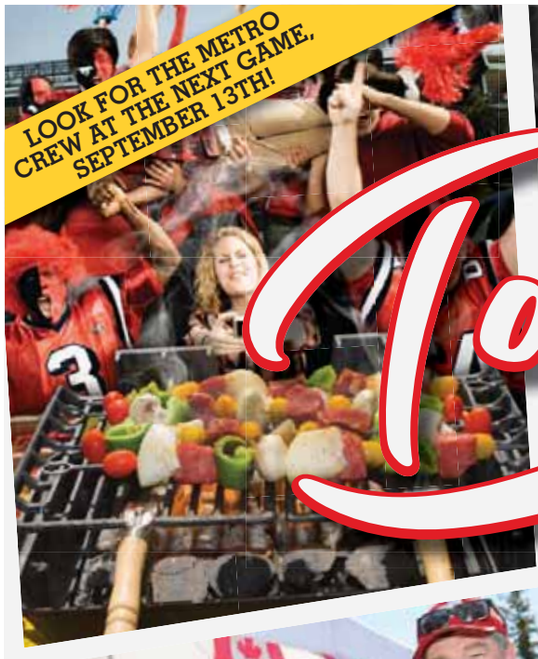


Tailgating

club metro .COM

METRO GAME DAY GRUB

With the emergence of 'Signature' looks on the field, Stampeders fans were out in full fashion promoting their signature dishes during the tailgate parties for Monday's Labour Day Classic.

Brothers Al and Brian McCue fed over 150 tailgaters Monday afternoon and served up some adult and kid-friendly blended drinks in their homemade two-stroke blender.

"It goes from zero to margarita in 20 seconds," said Al.

The brothers tailgate for every home and preseason game during the season and have been doing so for the past 15 years.

Further south down the parking lot, Fred Henselwood and John Jagorinec cooked up over 100 pounds of meat for their annual Labour Day Classic tailgate party.

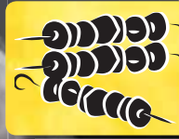
The massive smoker housed 45 pounds of beef ribs, 65 pounds of pork ribs, chicken, and an assortment of other appetizers.

"The secret is the cherry wood in the smoker," said Henselwood.

Henselwood said the smoker has been out for the past 10 Labour Day Classic games and hopefully will make another appearance at the Western Final this November.

Be sure to check out some of the great tailgating parties taking place at McMahon Stadium during the next Stampeders home game on Saturday, Sept. 13.

-Candice Ward



AL MCCUE shows off his two-stroke blender that he uses to make mixed drinks for his annual Labour Day Classic tailgate party. #1

FRED HENSELWOOD cooks up over 100 lbs of meat in their smoker at the Tailgating Boozhounds annual Labour Day Classic tailgate party at McMahon Stadium. #2

JOHN JAGORINEC and **FRED HENSELWOOD** cooks up over 100 lbs of meat in their smoker at the Tailgating Boozhounds annual Labour Day Classic tailgate party at McMahon Stadium. #3

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Lilac shades in full bloom

Power to the purple.
The light hues of summer are following frocks into the fall

TINA CHADHA
Metro World News

We can't believe summer's nearly done. (Did it really even take off?) And while we're not ready to part with barbecues in the park or day drinking on Fridays, we'll take solace in knowing there's one aspect of our warm weather routine we wont have to give up: wearing soft hues.

Yes, a majority of your fall wardrobe will always consist of black and grey, but this season designers also showed everything from burly furs to mini dresses in pretty shades of pink and lavender. Which means, right about now, stores are stocking their racks with some lighter options for you.

Now, pairing your summertime go-to Birkenstocks with socks? We're on the fence about that one.

Topshop Fisherman crop sweater, $56. TOPSHOP.COM

A.L.C. Tonne skirt, $495. SHOPBOP.COM

Zara leather court shoe, $89.90. ZARA.COM

Grafea Hari backpack in lilac, $348. ASOS.COM

A lavender-laden model walks the runway at the Glaw show during the Mercedes-Benz Fashion Week Spring/Summer 2015 in Berlin, Germany.
PETER MICHAEL DILLS/GETTY IMAGES

AX Armani Exchange bomber, $168. ARMANIEXCHANGE.COM

Ted Baker London Nevia coat, $525. TEDBAKER.COM

ACNE Studios sweatshirt, $220. NET-A-PORTER.COM

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Fade into fall with ombré

What goes from light to dark and adds drama to any space? A decorative treatment called ombré. The term is a French one, meaning gradation, and it describes a gradual progression of colour or tone that lets the eye travel calmly without any harsh visual interruptions. It's definitely a casual look that helps soften a room, and allows light and bright to harmonize with deep and dark. Ombré can be incorporated almost anywhere from small household accessories to large furniture pieces and painted wall treatments.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

No ladder needed for this wall treatment; simply fade the paint colour away at arm's length to get an ombré effect.

DESIGNERS GUILD

Simple handmade baskets get a jolt of modern colour. Gaddis basket, $6, ikea.ca.

For those who like to create a spa feel for the bath. Aqua Ombré Chenille Bath Mat, $25, simons.ca.

The simplest way to add trends to a bath is with linens. Designers Guild Saraille Lime Towel, from $16, putti.ca.

Soft grey and white creates a soothing yet crisp tabletop. Vera Wang Wedgwood Simplicity Ombré Dinnerware, $90, bedbathandbeyond.ca.

Semi-antique rugs get new life with a gradual over-dye of colour. Hand-Knotted Colour Transition Red Wool Rug, 4.5 x 7.5 feet, $268, ecarpetgallery.com (No. 56554).

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As a special end-of-summer gift to our readers, Metro brings you the first chapter of The Afterlife of Stars, the newest book by award-winning author Joseph Kertes. During this week, we've been introduced to the Beck brothers, two young boys grappling with the world around them as Russian tanks roll into Budapest during the final days of the Hungarian revolution. In **Part 3** of four, the brothers slip out of their house and head towards Heroes' Square.

The Afterlife of Stars

After that, things moved quickly. Our father told us we could each take what we could carry, no more. I snuck out again to the front room, peered in, making sure there was not a single Russian in the room. Then I ran to the sideboard, no longer watched over by the two-headed eagle, and removed a golden cup and saucer. They looked as if they might have come from a Grecian palace, but they were small, like children's dishes. My parents drank espresso coffee out of them when we had company. I hid them in my shirt and slunk away toward the bedroom. I dashed out again one last time, snatched Attila's Spitfire drawing off the wall, opened my shirt, slipped it past the buttons and slid it all the way to the back above my belt before buttoning up my shirt again.

I ran into the Russian soldier in the hall and thought I'd been caught. My face burned. Instead of stripping me of my booty, he handed me a Russian nesting doll —"*matryoshka*," he called it — and I bowed, feeling the corners of the picture frame claw my skin, before retreating to my room. I slipped the picture under my bed. The brightly painted *matryoshka* doll came apart, and I found that a succession of smaller dolls lived inside, all the way down to a puny one. She was a colorful wooden bean, little more.

As I admired them, Attila said that I was a girl, so I countered with my cowboy hat, spurs, cap gun and holster, all of which I placed in my satchel with the reassembled *matryoshka*. With my back to Attila, I rolled my cup and saucer each into its own sock, pulled his drawing out from under the bed, and finally I added my marzipan monkey, still blanketed in the linen cloth from Gerbeaud. The cloth had a "G" monogram.

"Come with me, my one true love," Attila said behind me.

"Where?"

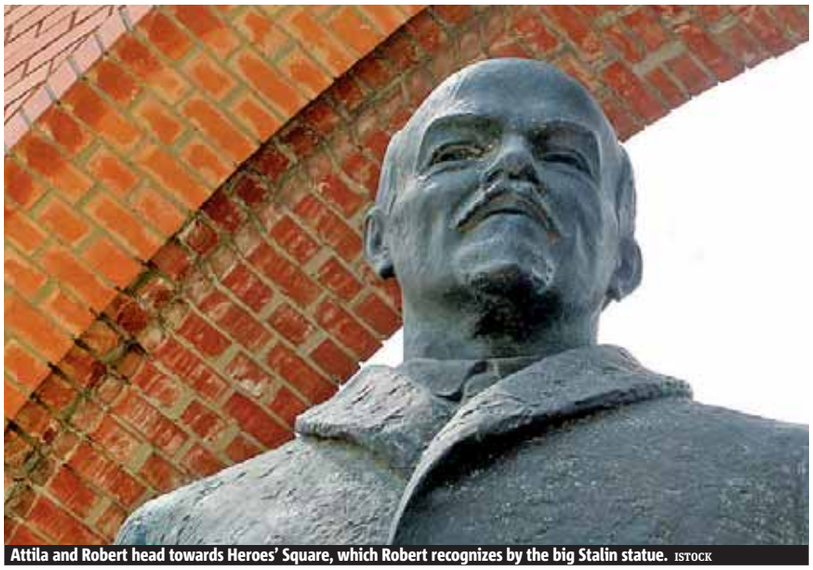
"Just come. I want to show you something, over by Heroes' Square. I hear something is happening there."

"Where the big Stalin is? The statue?"

He nodded. "Just come."

"Shouldn't we tell somebody we're going?"

"Not if we want to get out of here. We'll be back before anyone notices, don't worry."



Attila and Robert head towards Heroes' Square, which Robert recognizes by the big Stalin statue. ISTOCK

Of course we wouldn't be, but I knew better than to argue. From the fierce and determined look on my brother's face, I had a hunch he was taking me to where there were twice as many hanging men as I had seen, and that his hanging men would be Russians, not Hungarians.

We slipped by the commotion in the kitchen, and Attila took me on a trot through the confused streets of our city, streets full of people not going about their business as they might, but looking alarmed, whispering rather than talking to one another. Nobody looked tired or bored, as some did on other days.

Attila had me by the hand. Everyone was pulling hard on my arm these days. We were walking briskly down Andrassy Avenue when a tall woman came out of a white building, a woman with long, straight black hair, wearing a black hat as wide as an umbrella and a black satin cloak which flowed and fluttered with each powerful step she took. She was coming straight toward us. My brother wanted to pick up the pace, but I slowed us down. I was staring.

"What do you want with her?" my brother finally asked.

I stopped altogether. "Want?" The woman had black eyes, black eye shadow.

"Do you want to take her home with you?" Attila said. "She's a black limousine, rearing up on her hind wheels."

She saw us, saw Attila and me looking, and glared at us before crossing the street, though she could easily have run us over.

When we turned a corner, we just about ran down a man ourselves, a beggar holding out his hand. Attila stopped. He seemed to be out of breath for some reason. The man was a Gypsy, propped up against a bakery whose window had been shattered. In the window, a single, dingy lace curtain clung to its rod, shaking its head no in the breeze, "no." I could see a loaf of bread inside on the counter, and a cake that looked blue in the light.

The poor man stood out of the wind on his only leg and held out his only hand. He was like a badly designed tree, with a single branch held out to catch rain.

"What about today?" the man said to us.

"Today?" Attila asked.

"Yes," the Gypsy said.

"I don't know," my brother said.

The man had a crutch lying behind him, together with a battered violin. "Are you back now?" he asked, his hand still held out to us.

My brother looked at me. I expected him to say, "Let's go," but instead he wanted to stay.

I found a single coin in my pocket, put my hand around it. I stepped up and said, "Yes, we've been away, but now we're back. Have you been waiting for us?"

"Oh, a young girl," the man said. Attila grinned broadly. "I have been waiting," the man said. "Lucky girl." My voice hadn't broken yet, and if it didn't soon, I was going to take a rock to it. Compared to me, my brother sounded like a grown man, a man of the world.

I looked into the milk of the man's blue eyes and realized he couldn't see. "How do you play that violin?" I asked. "How do you manage?" I picked it up for him. It still had its shapely *f*-holes, but it was battered—an *I* and an *O* plus some punctuation marks had punched their way through too.

"I haven't played for years," the man said. "The old girl is like a pet I don't have to feed much," he said, laughing. "Are you two musicians?" We didn't answer. "No, of course you're not," he said. "You're someone I stopped on the way to something. That's what I do, stop people on their way to something else."

A young woman flew by us. I could see the whites of her eyes. She turned down an alley between two tall gray stone buildings. She scared me. I thought she was coming right at us. It was impossible to tell whether people were running to something or from something.

My brother said, "Actually, I am a musician." He was grinning again.

The man lowered his begging hand and said, "What do you play?"

"I play piano," he said, "and my sister sings."

"Do you?" the man said, genuinely pleased. I pulled on my brother's arm now. I felt we should give the man a coin and go. The Gypsy said, "What sorts of things do you sing and play?"

"We can do 'Pur ti miro' by Claudio Monteverdi."

"Ah, the duet."

He began to hum, and though I had never heard it myself, I said, "Yes, that's it."

"Can you do anything by Bizet? Can you perform some songs from Carmen?"

"Yes, my sister can, some of them."

"Can you sing 'Habanera'?"

I wanted to tear my brother to pieces. I felt my breakfast coming up.

The man started to sing himself, with a sad, raspy voice. If he had not been blind, I'm sure he would have closed his eyes. Now my brother wanted to leave, but I stood firm. I felt suddenly warmed by the song, warmed by the poor man. My grandmother had played the record a hundred times. I started singing along with the man, every word, without knowing what the French words meant.

L'amour est un oiseau rebelle
Que nul ne peut apprivoiser,
Et c'est bien en vain qu'on l'appelle,
S'il lui convient de refuser.
L'amour! L'amour! L'amour! L'amour!

I stared into the man's face. I was sure I could see the thoughts moving behind his eyes like bits of glass. He said, "You have nice tone, young lady."

"She does," my brother said. "That was nice," he said to me, and I think he meant it.

"Now, listen," the man said. I was still holding his violin, and he pushed it up against me. How did he even know I'd been holding it? "It's magic, listen."

I put my ear against one of the extra holes in the instrument's belly, as if it were a seashell.

"Can you hear that?" I heard nothing. "Can you hear the song?"

I could hear a wet wind now and was sure I could hear the river. "What kind of wood is it made of?" I asked.

"Violin wood," he said, "from the violin tree."

I offered it to Attila to try, but he declined. He wanted to go. I set down the violin where it had lain. The torn awning above our heads flapped. I reached for the Gypsy's hand to give him my coin, and his hand closed greedily on mine.

"We have to go," I said.

He brought my hand up close to his lips. "I hope you have a very good reason for coming back, young lady," he said to the hand before letting it go. I glanced at it to see if it had been soiled. I wanted to wipe it on something.

"I do," I said.

"Yes," my brother said.

Another cold breeze blew up, and I shuddered.

The man still aimed his blind gaze at us. "It must be good," he said. "You must have a very good reason. Life and death."

Attila turned away from the man, suddenly panicked. He gave me a painful yank this time, and we took off toward Heroes' Square.

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Get the book!

• Joseph Kertes' The Afterlife of Stars (Penguin Canada, $22.95) is now on sale and is available in bookstores across Canada!

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Online only

We have more on The Afterlife of Stars at metronews.ca

- **Author talk.** Have a question for Joseph Kertes? The author will be hosting an online live chat today starting at 1 p.m. EST. You can submit your questions at metronews.ca.

Seat herbivores and carnivores at the same table

This recipe serves four. The Flex Appeal serves two. PAT CROCKER

Grilled Vegetable Shawarma with Tahini Dressing with Lamb Flex Appeal.

This dish starts with a vegetable base and adds meat — or not

1. In a tagine or a skillet with a lid, heat 2 tbsp (30 ml) oil over medium-high heat. Sauté the onion for 4 minutes. Add the remaining oil and the eggplant and mushrooms and stir to mix well. Cover, reduce the heat to low and cook, stirring occasionally, for 12 minutes or until the eggplant is soft. Stir in the garlic, cumin and spinach. Cover and cook, stirring occasionally, for 2 minutes or until the spinach has wilted.

2. On a work surface, lay out pitas. Spread Tahini Dressing (see below) over each pita, leaving a 1-inch (2.5 cm) border around the edges. Spread onion-eggplant mixture down the centre of each pita. Fold sides of the pita around the filling and secure with toothpicks. Serve with tzatziki, if desired.

Flex Appeal

1. In skillet or cast iron grill, heat oil over medium-high heat. Cook lamb chops 3 minutes per side. They should show some pink inside (145 F/63 C for medium-rare).

2. Cut into strips and spread over the vegetables on 2 of the pitas in step 2 above. If you have coloured toothpicks, use a different colour to secure the lamb shawarmas.

Tahini Dressing

1. In a bowl, combine the mayonnaise, tahini, garlic and lemon juice. **RECIPE EXCERPTED FROM FLEX APPEAL: A VEGETARIAN COOKBOOK FOR FAMILIES WITH MEAT-EATERS BY PAT CROCKER AND NETTIE CRONISH (WHITECAP BOOKS, 2014)**

Ingredients

- 3 tbsp (45 ml) coconut or avocado oil, divided
- 1 onion, sliced
- 2 cups (500 ml) cubed eggplant
- 1 cup (250 ml) sliced mushrooms
- 2 cloves garlic, finely chopped
- 1 tsp (5 ml) ground cumin
- 2 cups (500 ml) spinach leaves
- 4 pitas, warmed
- 1/2 cup (125 ml) Tahini Dressing (recipe follows)
- tzatziki (optional)

Flex Appeal

- 1 tbsp (15 ml) coconut or avocado oil
- 2 bone-in lamb leg chops (about 6 oz/175 g)

Tahini Dressing

- 1/4 cup (60 ml) mayonnaise
- 2 tbsp (30 ml) tahini
- 1 clove garlic, minced
- 2 tbsp (30 ml) freshly squeezed lemon juice

Cookbook of the Week

Marry, eat and veg

Flex Appeal by Pat Crocker and Nettie Cronish shows you how to make healthy choices that will impress even the staunchest meat-and-potatoes eater. Billed as a vegetarian cookbook for families with meat-eaters, most of the meals offered begin with a delicious vegetarian base and add a suggested meat to the dish or on the side. Among the recipes are Cauliflower and Coconut Curry Chowder, Quinoa Taco Salad and more. METRO

TRANSITION INTO FALL FASHION

DONATE SUMMER CLOTHES AT VALUE VILLAGE

The fall fashion season is upon us. How is your closet going to adapt?

With bulky coats, sweaters and other cold-weather garments coming onto the shopping scene and out of storage, fall is a time of transition.

Why not donate the summer clothes you no longer need at Value Village?

Value Village partners with local not-for-profit organizations so every purchase helps provide sustainable funding for vital community programs and services. Every item you donate helps.

"Spring and fall are typically the busiest time for donations," says Janelle Robertson, general manager for the National Diabetes Trust (NDT), operator of Clothesline, a fundraising program across Canada that enables donors to give away their gently used clothing, small household items and electronics, year-round.

Clothesline partners with Value Village to receive donations for the items it collects. Proceeds support the Canadian Diabetes Association and the more than nine million Canadians living with diabetes or prediabetes — so buying from and donating at Value Village or Clothesline are good for the community.

Because Value Village only puts top-quality donated items into the store, Value Village is the perfect place to look for cost-effective, cool-weather fashion this fall. At Value Village a like-new wool coat can cost as little as $15 — a deep discount from the $200-plus price tag you may find on a new coat.

CONTRIBUTED

"Last year, our sales from Value Village helped the Canadian Diabetes Association invest more than $7 million in diabetes research and operate 12 summer camps for more than 1,600 children and youth with Type 1 diabetes and their families, and more," Robertson says.

Donate at Value Village through Clothesline. You can drop your items off in person at one of the more than 2,000 donation boxes across the country, or schedule a free pick-up at your home. Call 1-800-505-5525 or visit diabetes.ca. Find a drop box near you by visiting diabetes.ca/dropbox.

For more, visit valuevillage.com.

– Stephanie Orford

KEEP YOUR CLOSET GREEN

As the leaves turn red and orange, keep your home and clothing purchases green by shopping second-hand.

Value Village works with local community organizations to give Canadians an eco-friendly place to shop.

Clothesline, one of the non-profit organizations Value Village partners with, diverts more than 48 million kilograms of clothing, household items and electronics away from Canadian landfills per year.

This translates into a savings of 876 million kWh of energy, and reduces donors' carbon footprint by 120 million kilograms of CO_2 emissions — the equivalent amount of CO_2 emitted by driving a car 43,000 times around the globe. Put another way, the reduction in pollution has the same effect as saving 8.6 million trees.

Since you are making the transition to a warmer wardrobe, it's the perfect time to reconsider what's in your closet, and recycle everything you don't need anymore.

Keeping your closet green is just one of the many great reasons to donate.

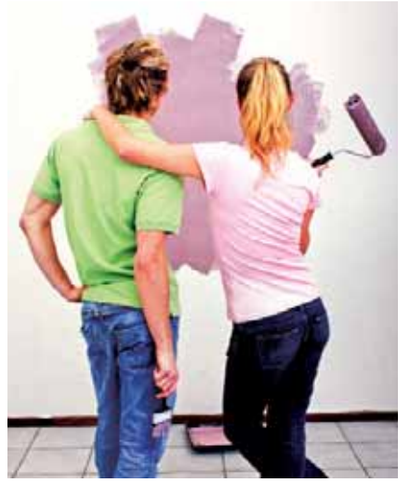
Fresh look for your home decor

Fall fashion isn't just for your closet. It's also for your home.

This fall, let the season inspire your home decor. You can get great deals on furniture, home wares and other items at Value Village.

Do-it-yourself interior designers can find just as much or more selection at Value Village than they could find at a department store.

Here are some ideas for DIY fall decor:



SHUTTERSTOCK PHOTOS

PAINT

A fresh coat of paint can give an unassuming piece of furniture a brand new personality. Try fresh white for simplicity, or make the piece pop with a fall colour such as wine, pumpkin or forest green. Crackle-effect paint can give the piece even more richness.

All of a sudden that unassuming table, chair or desk is the room's centrepiece.

For post-secondary students and others on a budget, this is a great way to save money and take your home decor to the next level.

REPURPOSE

Convince your visitors of your decorating genius by making or repurposing other furniture. Make a coffee or side table from an old luggage trunk or suitcase to give yourself extra storage space.

INCORPORATE TEXTILES

A beautiful blanket provides a practical accessory to warm up and add colour to your seating area, and can double as a wall hanging. The textiles you will find at Value Village are one-of-kind.

MIX AND MATCH

Some of the most charming dish sets aren't sets at all. A set of mismatched plates, bowls and cups will lend eclectic charm to your dinner parties.

FRAME IT

Value Village is a great source for vintage picture frames. Use them in decorations of all types, whether it's to frame your current art, the hall mirror, or simply to display a beautiful frame on the wall.

– Stephanie Orford

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U.S. Open

Serena recovers from slow start to reach semifinals

After a bad-as-can-be start, dropping the first three games, Serena Williams quickly turned things around and stretched her U.S. Open winning streak to 19 matches to get back to the semifinals.

Considered the best server in women's tennis, the No. 1-seeded Williams was broken twice in a row at the outset Wednesday night before dominating for a 6-3, 6-2 victory over 11th-seeded Flavia Pennetta.

Williams may become the first woman with three consecutive U.S. Open titles since Chris Evert took four in a row from 1975 to 1978.

THE ASSOCIATED PRESS

CFL

Ticats to sign Gaydosh: Source

It took a little more than a year, but Linden Gaydosh is finally with the Hamilton Tiger-Cats.

A CFL source said that Gaydosh was in Hamilton on Wednesday and was expected to sign with the team.

The Ticats selected the six-foot-four, 305-pound defensive lineman from Peace River first overall in the 2013 CFL draft, but shortly afterwards Gaydosh signed as a free agent with the NFL's Carolina Panthers. After spending the entire 2013 NFL season on injured reserve with a back injury, Gaydosh, 23, reported to the Panthers' training camp before being sidelined with a foot ailment. The Panthers released him on Aug. 24.

THE CANADIAN PRESS

Cyclists ride through heavy rain during the first stage of the Tour of Alberta in Lethbridge on Wednesday. JEFF MCINTOSH/THE CANADIAN PRESS

Zepuntke holds off swarm to win 1st stage

Tour of Alberta. German edges fellow riders in photo finish

Ruben Zepuntke of Germany won the Tour of Alberta's first stage in a group sprint to the line Wednesday.

Zepuntke edged a swarm that included Canadian Ryan Anderson in a photo finish in downtown Lethbridge. Zepuntke looked around and postponed his celebration until he was sure of his victory.

The 21-year-old Bissell Development team rider posted a winning time of three hours, 18.03 seconds over the 143-kilometre race.

Anderson was seven-hundredths of a second out of a victory in third. The 27-year-old Optum Pro rider from Edmonton claimed the Maple Leaf jersey as the top Canadian.

Tom Dumoulin of the Netherlands retained the yellow leader's jersey thanks to a dominant prologue victory Tuesday in Calgary. The Giant-Shimano rider had a six-second cushion on Zepuntke, who jumped from 14th to second in the overall classification.

Serghei Tvetcov of Romania was third and 14 seconds back of Dumoulin. Anderson moved to seventh overall at 19 seconds behind, while Christian Meier of Sussex, N.B., trailed by 23 seconds in ninth.

Most of the 117 riders wore gloves and rain jackets in wet, cool conditions in Lethbridge on Wednesday's first stage.

Mathew Hayman of Australia, Robin Carpenter of the U.S. and Nathan Van Hooydonck of Belgium opened a gap of over four minutes on the peloton after two laps. But Van Hooydonck dropped back in the third lap, while Hayman and Carpenter were swallowed up on the final circuit.

THE CANADIAN PRESS

The Tour

The 737-kilometre stage race concludes Sunday in Edmonton.
Thursday's second stage is a 145-kilometre ride from Innisfail to Red Deer with a two-lap detour around Sylvan Lake.
Friday's Stage 3 is 157 kilometres from Wetaskiwin to CFB Edmonton via Fort Saskatchewan.
The final stage is 11 laps of an 11-kilometre loop through downtown Edmonton.

4 SPORTS

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Cowboys sign Michael Sam to practice squad

NFL. Former Missouri star one step closer to becoming NFL's first openly gay player in regular-season game

Michael Sam's second chance will be with the Dallas Cowboys.

Coach Jason Garrett said Wednesday the team added Sam to the practice squad.

The Cowboys, who are seeking help with their pass rush because of injuries and the off-season release of franchise sacks leader DeMarcus Ware, added Sam four days after he was released by St. Louis when teams had to cut rosters to 53 players.

Sam, who is trying to become the NFL's first openly gay player, isn't likely to be on the active roster for Sunday's opener against San Francisco.

metro AR Michael Sam speaks to reporters after the Cowboys' practice on Wednesday in Irving, Texas. Scan the image of Sam with the Metro News app to see which teams Metro picks to make the playoffs. LM OTERO/THE ASSOCIATED PRESS

Garrett said the move was "about football" and deflected any questions about the impact of bringing in Sam or how it might affect the locker-room.

"That's your decision what question you want to ask," Garrett told a larger-than-usual crowd at his daily news conference.

"We're focused on football. That's where our attention is, and what people say outside this organization is really up to them."

Any team can sign Sam off the Cowboys' practice squad, but would have to put him on the 53-man roster for a minimum of four weeks.

Sam's CFL rights are owned by the Montreal Alouettes, who placed the former Missouri star on their negotiation list, giving them exclusive negotiating rights to the defensive lineman should he wish to play football in Canada.

THE ASSOCIATED PRESS

On the web

For more sports news, go to metronews.ca

Navarro and Encarnacion both homer . Blue Jays beat Tampa Bay Rays 7-4

Dioner Navarro and Edwin Encarnacion each hit two-run home runs and the Toronto Blue Jays rolled to their fourth straight win with a 7-4 victory over the Tampa Bay Rays on Wednesday in St. Petersburg, Fla.

Adam Lind had four straight hits and scored twice for the Jays, who have won a road series against the Rays for the first time in more than seven years.

Edwin Encarnacion of the Toronto Blue Jays. CHRIS O'MEARA/THE ASSOCIATED PRESS

Marcus Stroman pitched five shutout innings before giving up two runs on four hits in the sixth.

Navarro homered for the second straight night, giving Toronto a 2-0 lead in the second inning. Encarnacion's 29th homer completed a three-run run fifth inning off Rays starter Chris Archer (8-8) that gave Toronto a 6-0 lead.

Stroman (9-5) gave up seven hits and two runs in six innings, winning his second straight start.

Aaron Sanchez pitched the ninth for his second save.

Archer (8-8) gave up six runs on 10 hits in six innings.

Evan Longoria drove in Tampa Bay's first run with a two-out single in the sixth, then hit his 18th home run off Dustin McGowan in the eighth. The Rays' third baseman has 37 RBIs in 43 games since the All-Star break.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Whatever your aims are right now they'll change dramatically over the next few days. In fact, what happens today or tomorrow will turn your plans on their head, so be ready.

♉ Taurus
April 21 - May 21
If there is something you've wanted to do but never got around to, you're about to get a chance. It's the ideal time to begin something creative.

♊ Gemini
May 22 - June 21
Sacrifices will have to be made over the next few weeks but they are worth it. The important thing is that you stay calm and don't do anything drastic.

♋ Cancer
June 22 - July 23
Sit back and stop worrying. That is the message of the stars today and if you're smart you'll heed it. Looking back, you will realize you got worked up about certain issues for no reason.

♌ Leo
July 24 - Aug. 23
You are doing more than enough as it is, so if someone asks you to help out today find a way to say "no". The last thing you need now is to be taking on even more chores.

♍ Virgo
Aug. 24 - Sept. 23
There is just no way a certain person is going to see things the same way as you, and if you can accept that fact you'll have an excellent day.

♎ Libra
Sept. 24 - Oct. 23
At some stage today you will realize how hard it can be to understand certain people. Take the hint and accept that people, like life in general, can be messy.

♏ Scorpio
Oct. 24 - Nov. 22
There is a task you have yet to complete and over the next 24 hours you must decide whether to carry on with it or give up on it. Clearly it doesn't inspire you, so why not just let it go?

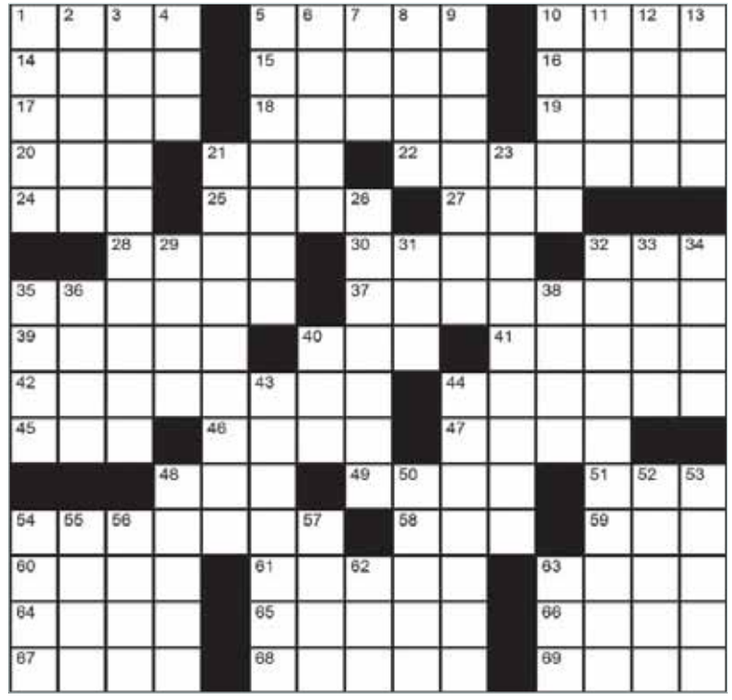
♐ Sagittarius
Nov. 23 - Dec. 21
There is an easy and difficult route to the place you want to be. It may be tempting to take the difficult route just so you can impress others but why make life hard for yourself?

♑ Capricorn
Dec. 22 - Jan. 20
No matter how tough the challenges that come your way from now until the end of the year, you will handle them with ease. Take each day as it comes.

♒ Aquarius
Jan. 21 - Feb. 19
You've overlooked something that could make a difference to your future. Give it some thought and when you have found what it is make sure you make it central to your plans.

♓ Pisces
Feb. 20 - March 20
What happens today will urge you to question something you've taken for granted. Don't be afraid to change your thinking and long-term plans.

Crossword: Canada Across and Down by Kelly Ann Buchanan



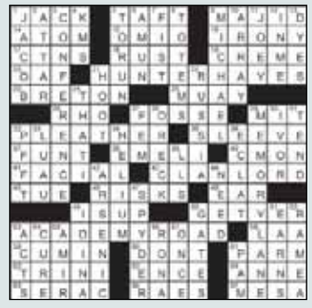
Across

1. __ Meadows, BC
5. A funny Bob
10. Stages cycling race on now, __ of Alberta
14. Ryan Gosling movie, "__ and the Real Girl" (2007)
15. Circumvent
16. __ Tiara (Duchess Kate's wedding headdress)
17. Draw _ __ (Do cartography)
18. Desert dweller
19. Epiphanies!
20. American network
21. Three
22. God/planet
24. Get permission
25. Sea captain's spot
27. '_' __ in Canora
28. Section
30. Sci-Fi rides
32. "Star Trek: Voyager" role
35. Seven Wonders of the World... __ of Alexandria
37. Brit singer of current hit "I'm Not the Only One": 2 wds.
39. "I'm going __ __ York." ...said the Big Apple bound tourist
40. "__ be an honour."
41. Modern day witchcraft
42. Transformers: Foes of Decepticons
44. Homespun
45. Grads-to-be, briefly
46. Commedia dell'__
47. 'A' in UAE
48. Perfect
49. Ms. Bagnold of books
51. Curious
54. __ Flowers ("Cityline" gardening expert, fun-style)
58. MGM's motto, __ Gratia Artis (Art for Art's Sake)
59. Sundial number
60. "Metropolis" (1927) director Fritz
61. Magna cum __
63. Mr. Hemsworth
64. Seed's protector
65. Pear-shaped instruments
66. Ms. Bancroft
67. Certain currency
68. Wield
69. Big golf tournaments, e.g.

Down

1. Tragically Hip album: 'Now for __ _'
2. Poetic feet
3. Athletic/casual attires: 2 wds.
4. Sugar amt.
5. Spy's uncoverings
6. Benefit
7. Actress Rita
8. Grand garden
9. Bell, Rogers and Telus = __ giants
10. Frank Sinatra's "__ Life"
11. Honolulu's home
12. Capital of Mongolia, __ Bator
13. Long-stem flower
21. __ Thursday (When celebrities post vintage photos of themselves on social media)
23. Logging-on needs
26. __-__ movie
29. 'Mars'-meaning prefix
31. It's 'in'
32. Mixed Martial Arts component
33. And so on, plurally [abbr.]
34. Ms. Mitchell (Actress from Mississauga, ON)
35. Harper Valley, et al.
36. Lunch time?
38. Ms. Kunis
40. TV Cousin
43. Ear: French
44. Most just
48. English-speaking Quebecer, commonly
50. Consumer advocate Ralph
52. Paul Anka title girl in 1957
53. Bluenose coins
54. Brouhaha
55. One-of-a-kind
56. Tropical birds
57. Waters: French
62. Driver's 4x4, commonly
63. __ of luxury

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9		8	4		2	1		5
		2				9		
4	5						7	8
			9		6			
	2						1	
			1		4			
2	7						9	6
		3				7		
5		1	7		8	3		2

Yesterday's Sudoku

7	8	5	1	2	4	9	3	6
1	4	3	5	6	9	2	8	7
9	6	2	8	7	3	4	5	1
3	1	9	7	4	5	6	2	8
5	7	4	6	8	2	1	9	3
6	2	8	9	3	1	7	4	5
8	5	7	2	9	6	3	1	4
2	3	6	4	1	8	5	7	9
4	9	1	3	5	7	8	6	2

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